Facilitated by Homa Tavangar
Reflect + Recharge

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Let’s check in. On a scale of 1-5, how are you feeling?
We are here to hit the pause button ...
Breathe...
Silence as an act of

• Presence
• Listening
• Humility
• Reflection
• Rooting
• Calming
• Honoring
#WeAreDoneDying

8 MINS 46 SECS. OF SILENCE

6.4.20 | 3:45 PM ET
Balance silence with courage so that silence does not become violence...
“By practicing racial literacy, we can learn to not be so fearful and learn to problem-solve together, rather than run away from conversations about race.” - Howard Stevenson

STAY in the room | LISTEN when it is hard. | CLARIFY terminology even as heat rises.

@HomaTav
Amidst deep crisis throughout our world, what does self-care mean to you?
“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” Audre Lorde
Self-care, in this sense is about refueling in order to keep serving and becoming a cause of the betterment of our communities and our world.
How might I/we manifest deep oneness, empathy, care?
The well-being of mankind, its peace and security, are unattainable unless and until its unity is firmly established.

Bahá’u’lláh
“May there be such oneness between us that when one weeps, the other tastes salt.”

Khalil Gibran, The Prophet
(Chat) How might I/we manifest deep oneness, empathy, care?
Greek origin of “crisis” = TO SIFT.

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Word origin

L < Gr krisis < krinein, to separate, discern < IE *(s)kre-, to sift, separate < base *(s)ker-, to cut > shear, L cernere, to separate, Ger rein, pure
Crisis: Focus on turning point, judgement – we will be judged by our grandchildren for this moment

crisis (n.)
early 15c., crise, crisis, "decisive point in the progress of a disease," also "vitally important or decisive state of things, point at which change must come, for better or worse," from Latinized form of Greek krisis "turning point in a disease, that change which indicates recovery or death" (used as such by Hippocrates and Galen), literally "judgment, result of a trial, selection," from krinein "to separate, decide, judge," from PIE root *krei- "to sieve," thus "discriminate, distinguish."
Remember sitting in history, thinking "If I was alive then, I would've...."

You're alive now and whatever you're doing now is what you would have done.

-David Slack
Break-out Rooms:

What do you feel that you have tried your best at (will be judged favorably for), and where would you like to improve and grow?

(This is meant as self-evaluation, not to instill shame or confession; we have a chance to grow and heal!)
“You have to act as if it were possible to radically transform the world, and you have to do it all the time.”

—Angela Davis
Before we check out:
On a scale of 1-5, how are you feeling now?

Gracias, Merci, Xiè xiè, شكراً, Thanks!

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Thank you!

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